



VT MUNCH TIMES

Coming to a Tray near You!

VT Munch Times is a biweekly newsletter brought to you by the Child Nutrition Team at Vermont Agency of Education, designed to include a USDA Policy update, a fun nutrition fact and up-to-date resources for the coming weeks. Look for these updates every other Thursday!

Munch on this:

Policy Update: USDA Foods Reminder

The 4 months of allowed storage time for 3 USDA Foods items which arrived at the Reinhart Warehouse in July are “up” in November! This means that if you ordered Mozzarella Cheese, Diced Chicken, or Deli Turkey for delivery to the warehouse in July, *you MUST log in to TRACS Direct to release all your cases of these items for delivery to your schoolboy mid-November!*

The guide to releasing your items from the Reinhart warehouse can be found here:

[http://education.vermont.gov/documents/EDU-Child Nutriton FDP Reinhart Foodservice Warehouse.pdf](http://education.vermont.gov/documents/EDU-Child_Nutriton_FDP_Reinhart_Foodservice_Warehouse.pdf).

If you're confused about the process or are having trouble releasing your foods, please call Rosie at 802-828-5931.

ALSO, Don't forget NOVEMBER 1st VERIFICATION! <https://creator.zoho.com/nancylewis/child-nutrition-vermont-verification-2013-2014#Form:November>

Nutrition News: Rosemary

Not only does rosemary enhance the flavor of countless foods, studies also show that it has antimicrobial properties, fighting bacteria, fungus, and mold, when in its essential oil form. Dried herbs keep their flavor and nutritive properties best when stored in an air tight container in a dark, cool space for up to a year. When using fresh herbs, it usually takes twice the amount as dried to get the same amount of flavor.

Resources:

Whole Kids Foundation Accepting Applications for School Garden Grant Program

Grants of \$2,000 are available to public and private K-12 schools in the United States, the United Kingdom, and Canada to help fund school garden projects....

http://foundationcenter.org/pnd/rfp/rfp_item.jhtml?id=431200051

Deadline: October 31, 2013

Posted: July 26, 2013

Free, fun, garden-themed graphics by Team Nutrition

Promote fruits and vegetables on your school menus!

Available here <http://teamnnutrition.usda.gov/graphics.html> for download.

Food Allergies Resource and Guidance

The CDC published a comprehensive manual on “Voluntary Guidelines to Manage Food Allergies in Schools and Early Childhood Care and Education Programs” and can be found at

<http://www.cdc.gov/healthyyouth/foodallergies/>. It provides excellent information on procedures and practices to manage food allergies in programs that service children.

Follow us on Twitter: https://twitter.com/VTED_Nutrition

Harvest of the Month by Green Mountain Farm-to-School: Kale

Harvest of the Month provides ready-to-go materials for your classroom, cafeteria and community to promote local, seasonal foods. Each month features a different theme and November's is Kale! Kale leaves grow on a thick broccoli-like stock, but are picked off individually and sold in bunches. Kale is very cold-tolerant: it can survive frosts and snowfall. Use raw, massaged kale as the base of a salad or toss it into a soup! Posters, recipes, menu inserts and more can be found for FREE download at VermontHarvestoftheMonth.org. A Kale poster is attached to the email.

Evaluate your Farm to School Program!

The Farm to School Evaluation Toolkit, created by the [Colorado Farm to School Task Force](#) and [Spark Policy Institute](#), is a resource to help farm to school programs of all sizes, in all states, undertake evaluation. <http://coloradofarmtoschool.org/schools/evaluation/>

Disclaimer: *VT Munch Times* provides general information to assist Vermont sponsors of the U.S. Department of Agriculture (USDA) Child Nutrition Programs. It does not represent all federal and state requirements and regulations regarding the operation of USDA school nutrition programs. The inclusion of links to external Web sites does not constitute an endorsement by the Vermont State Agency of Education to the information, products, services or opinions contained therein

VT Munch Times is [archived](#) on the Agency of Education website. For information which is three months or older, or for other questions, please contact Dani Bois, Child Nutrition Consultant, at (802) 828-0618 or dani.bois@state.vt.us.

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